

the new potato



Stacey Griffith's Morning Routine

June 28th, 2017

Health, it's no mystery. Just like every other aspect of our lives these days, the wellness space has become crowded with too much content and information. We, in partnership with Tropicana, decided to bring it back to the basics.

We asked a few of our favorite tastemakers "What's your glass of OJ," in other words, what's your morning routine? Kicking off the day in a healthy, mindful way may be far more simple than you thought. We'll come right out and say it: Stacey Griffith makes us feel unproductive. The SoulCycle senior master instructor and author (pick up her new book, Two Turns From Zero) does more before 10 AM than most of us do, well, all day. She generously shared her morning routine with us; let's just say it's the stuff wellness dreams are made of....

What's your glass of OJ?



From Stacey Griffith, Master SoulCycle Instructor

My morning ritual often feels like a happy groundhog day, as I have a very predictable schedule that I love, a partner that I love, children in my life that I love, doggies that I love and a career I fall more in love with each passing year. The routine I have is simple to me, yet when I look at all that I do, to some people it may seem like quite the regime.

At 6:30AM I wake up to soft chimes on my iPhone charging on the nightstand. I turn, sit up straight, look out at the East River and the smoke stacks, and I take a big deep breath. I say to myself, "today is going to be a great day. Universe, protect my family, protect my students, and give me the words to teach a great class." I kiss my love, and I jump in the shower. I usually stretch in there, use my dermatologist Dr. Paul Frank's cleanser in between my Tracie Martyn gentle scrub, and I throw some VJ conditioner on the back of my head and some Fekkai apple cider on the top once a week to clean off the tancho stick. Lately some Oribe body wash has been tickling my fancy, but I have my own line of bath products that I have been sampling, so the Spiritual Bath by Stacey Griffith (SBBYSG) line of gels is on its way — due end of Spring 2017.

Then, I towel off, Nespresso up, touch base with my love on what's going on for the day, and head over to the studio swallowing my vitamins and a bite of a banana. I don't eat a real breakfast until about 10AM. Then, I usually have egg whites or a protein shake with half of the Juice Press almond buttercup formula in it.

After my first two classes, I typically do a 40-minute meditation to either Deepak Chopra or Eckhart Tolle. I find them to really charge me, center me, and cleanse me in the morning! I also have a table full of crystals and beads from India and Sedona that give me energy. The last time I was in Arizona, my mom and I hiked up into the river vortex, and I put them all in the river for 30 minutes and let them charge there in the sun on a red rock. I'm telling you, you can feel the energy coming from them. I also have many books in my office, so I will occasionally grab a book I got at the Kabbalah center and read it for a few minutes. NANO is one of my favorites.

I think one of the biggest misconceptions about me as person is that everyone thinks that the 'high energy teaching Stacey', is the way I am at home, but it could not be more opposite. I am extremely chill. I love to snuggle and do nothing, but I also love to do anything my girlfriend wants to do. She says jump, I say how high. She is always raising the bar for our amazing life together. I'm blessed, I am thankful, and I love NYC. Come and see me at SoulCycle; I'm there seventeen times a week.